



Captain Calorie Calling All Cooks!

Captain Calorie wants your favorite recipes for a Crowley Crew Cookbook Contest

We've been talking about healthy eating – now it's time for you to show off some of your best stuff!!

Send in your favorite recipes – with healthy substitutions, power foods, high fiber, lots of fruits and vegetables, whole foods but no processed foods. Achieve notoriety among your peers. Then try out the new recipes and help pick the winners of the contest.

Rules for Entry:

1. Submit your best recipes electronically to Patricia.Harris@crowley.com by April 15, 2014.
2. Maximum entry is 3 recipes.
3. Recipe submission should include a picture of you, a picture of your dish and the complete recipe with full ingredient list and step-by-step instructions.
4. Portion your recipe to feed 10.
5. Recipes should include healthier choices. (You can use substitutions like applesauce or pumpkin puree for some of the butter in desserts, meatless meals, reduced sugar and salt, or an emphasis on fruits and vegetables.)
6. All recipes must be made from whole foods, no heavily processed foods allowed.
7. Including a picture of your vessel is optional.

Contest Information:

- All recipes will be used to create a Crowley Crew Cookbook.
- The cookbooks will be compiled and sent to all ships by the end of May along with comment cards to record testing of recipes.
- Pick the recipes that sound good to you.
- You will have time to prepare and try out as many recipes as you would like with your crew.
- For any recipe you prepare, complete and submit a Cook's comment card which will grade the recipe. Crew members will need to participate as well, with at least four additional comment cards completed by your crew for any prepared recipes.

Mail all comment cards from your vessel in one package to:

Patti Harris

9487 Regency Square Blvd

Jacksonville, FL 32225

- Deadline: All comment cards must be received by August 1, 2014.
- **The vessel cook that submits one of the top 3 scoring recipes will win a Vita-mix for the vessel!**



Recipe Categories:

Breakfast Items
Smoothies
Side Dishes
Soups and Salads
Main Dish
Dessert

Top 3 Recipes

Win



